

COMMUNITY PROGRAMS

THUNDER BAY DISTRICT HEALTH UNIT 625-5900
TBDHU.COM

EARLY PRENATAL CLASSES 625-8313
A series of 4 prenatal education classes taken prior to 26th week of pregnancy.

HEALTHY BABIES HEALTHY CHILDREN PROGRAM 625-8814
Support provided by Public Health Nurse's, Resource Moms and a Social Worker to families who are expecting or have children aged 0-6 years.

INFANT HEARING PROGRAM 625-5922
If your infant was not screened in hospital call our clinic.

GENETICS PROGRAM 625-5924 or 1-888-294-6630

NURSE PRACTITIONER 625-8844

SEXUAL HEALTH CLINICS 625-5976

MATERNITY CENTRE 684-6228
www.tbrhsc.net/maternitycentre
Prenatal care through Healthcare Professionals. Childbirth preparation classes are available after 25 weeks of pregnancy.

MIDWIVES

COMMUNITY MIDWIVES OF THUNDER BAY 622-2229
www.communitymidwives.net

MATERNITY CARE MIDWIVES 684-6043
www.mcmidwives.ca
Primary care provided during labour/delivery and 6 weeks postpartum. Breastfeeding support is also provided.

REVISED 09/10

THUNDER BAY INDIAN FRIENDSHIP CENTRE - FAMILY SUPPORT PROGRAM 345-5840

PRECIOUS BUNDLES 251-7142
Free children's clothing, toys, books and maternity clothes.

ST. JOHN'S AMBULANCE CAR SEAT INSTALLATION CLINIC 345-1712

THE METIS NATION OF ONTARIO www.metisnation.org

ABORIGINAL HEALTHY BABIES HEALTHY CHILDREN 624-5016

COMMUNITY ACTION PROGRAM FOR CHILDREN 624-5012

CANADIAN PRENATAL NUTRITION PROGRAM 624-5013

BEENDIGEN INC. 628-0624
Prenatal/Postnatal Nutrition Program

ONTARIO NATIVE WOMEN'S ASSOCIATION ABORIGINAL HEALTHY BABIES HEALTHY CHILDREN PROGRAM 623-3442

THUNDER BAY MULTICULTURAL ASSOCIATION 345-055 or 1-900-643-1800
Services available: interpretation and translation, immigrant and refugee assistance, language training for non-english speaking people.

ANISHNABE MUSHKIKI THUNDER BAY COMMUNITY HEALTH CENTRE 343-4843
www.anishnawbe-mushkiki.org
Aboriginal community health centre that offers: Pre and Post Natal Education, Health Promotion Mental Health, Traditional Healing, FASD and Clinic Services

NORWEST COMMUNITY HEALTH CENTRE - MAIN OFFICE - OGDEN SITE 622-8235
www.norwestchc.org
Education and support for prenatal families through a 12 week group session. Also offers skill building sessions and Mothers Community Kitchens.

FORT WILLIAM FIRST NATIONS 623-9543
www.fwfn.com

CHILDREN'S CENTRE - www.lrfc.ca 343-5000
Programming which provides an early intervention, community-based service to families who have children aged 0 - 6.

COMMUNITIES TOGETHER FOR CHILDREN - ONTARIO EARLY YEARS CENTRE - www.ctctbay.org 624-5690
Connects families & caregivers to early learning and care through: Pre/Post natal services; Parent/Child interactive programs; Parenting education; Resources - books, video, toys; Supports - special needs, literacy.

OUR KIDS COUNT - www.ourkidscounts.net 623-0292
CAPC/CPNP - Support for families 0—6 years. Community kitchens, drop-ins, parenting, pre/post natal education and home visiting.

FAYE PETERSON TRANSITION HOUSE 345-8461 ext. 235
www.fayepeterson.org
For women who have been in an abusive relationship.

ONTARIO WORKS - www.tbdsab.on.ca 766-2111
Short term financial & employment assistance.

CHILDREN'S AID SOCIETY OF THE DISTRICT OF THUNDER BAY 343-6100
www.thunderbaycas.ca
Voluntary individual prenatal counselling, assessment, referral to community agencies and case management. Adoption information also available.

DILICO ANISHINABEK FAMILY CARE 623-8511
www.dilico.com
Services include education, prenatal monitoring, prenatal classes, HBHC postnatal follow-up, immunization clinics, well-baby checks, home visiting & Fair Start screening.

HIGH SCHOOL CREDITS
Pregnant and postpartum teens under 21 can earn high school credits while receiving prenatal, nutritional and parenting education.

THUNDER BAY CATHOLIC DISTRICT SCHOOL BOARD - ST. PATRICK'S HIGH SCHOOL 623-5218

LAKEHEAD PUBLIC SCHOOL BOARD SAM/MISOL PROGRAM 475-6502

Having a Baby in Thunder Bay?



PROGRAMS DURING PREGNANCY AND AFTER THE BABY ARRIVES



Support Services

EMERGENCY HELP LINES

THUNDER BAY CRISIS RESPONSE SERVICE 346-8282 (24 hours)

THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE LABOUR + DELIVERY 684-6540

CRISIS HOUSING

BEENDIGEN INC. CRISIS HOME 622-1121

FAYE PETERSON TRANSITION HOUSE CRISIS HOME 345-0450
www.fayepeterson.org

HOUSING ASSISTANCE

SHELTER HOUSE 623-8182

ADDICTION SERVICES

THE HOPE PLACE ALCOHOL AND DRUG ADDICTIONS COMMUNITY OUTREACH PROGRAM 683-4705

SISTER MARGARET SMITH CENTRE - ADULT SERVICES 343-2425

THUNDER BAY COUNSELLING 684-1880

ANISHNAWBE MUSKIKI 343-4843

GENERAL INFORMATION

TELE-HEALTH ONTARIO 1-800-797-0000
Toll-free health information line
24 hours, 7 days/week

MOTHERISK 1-877-327-4636
POISON CONTROL 1-800-267-1373
Provides information for women about the use of chemicals, drugs, herbs and environmental/workplace hazards

NAUSEA & VOMITING DURING PREGNANCY 1-800-436-8477
Monday - Friday 9 am - 5 pm

ALCOHOL AND DRUG USE DURING PREGNANCY 1-877-327-4636
Monday - Friday 9 am - 5 pm

SMOKER'S HELP LINE 1-877-513-5333
Monday - Thursday 9 am - 9 pm
Friday 9 am - 5 pm

HIV/AIDS & PREGNANCY 1-888-246-5840
Monday - Friday 9 am - 5 pm

SOCIAL ASSISTANCE AND HOUSING ONTARIO WORKS 766-2111

THUNDER BAY SEXUAL ASSAULT/SEXUAL ABUSE COUNSELLING & CRISIS CENTRE 345-0894

EMERGENCY 345-0062
AFTER HOURS 345-4502

HOUSING REGISTRY AND OUTREACH PROGRAM 344-8601

NATIVE HOUSING PROGRAM 343-9401

THE EXERCISE & PREGNANCY HELP LINE 1-866-937-7678

EMOTIONAL SUPPORT

CRISIS RESPONSE 1-866-797-0000
TBRHSC - TELE HEALTH

CATHOLIC FAMILY DEVELOPMENT CENTRE 345-7323

COMMUNITY MENTAL HEALTH SERVICES 343-4394

FAMILY SERVICES THUNDER BAY 684-1880

CHILDREN'S CENTRE THUNDER BAY 343-5000

PERSONAL DEVELOPMENT CENTRE 343-2400
St. Joseph's Care Group

THUNDER BAY COUNSELLING 684-1880

ANISHNAWBE MUSHKIKI 343-4843

BREASTFEEDING

LA LECHE LEAGUE 346-8477
Margo
Information and support to breastfeeding women, as well as Prenatal and Breastfeeding classes. Calls taken from 9 am to 9 pm. Prenatal women are welcome!

THUNDER BAY DISTRICT HEALTH UNIT 625-5916
Visit with a lactation consultant free of charge. Clinics are held 2 - 3 afternoons/week and are by appointment only. Prenatal women welcome!

MATERNITY CENTRE 684-6228
Prenatal breastfeeding class, Bosom Buddies, Breastfeeding Support Groups and a Lactation Consultant by appointment.

BREASTFEEDING FRIENDS (BFF) SUPPORT GROUP 625-5972
Two locations: Best Start Northwood & McIntyre Hubs
Drop-in breastfeeding clinic. Babies of all ages & children welcome.

VISIT TBDHU.COM FOR MONTHLY CALENDAR OF EVENTS